

Chi Nei Tsang II

Internal Organs Chi Massage



Mantak Chia

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The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Hands on CNT II: Working Procedures

The following are the procedures to follow in a session with a student.

A. CNT I

In order to work with the winds in your student's body, you must first integrate the procedures of Basic Chi Nei Tsang. This involves carefully sensing and touching the abdomen, clearing the large and small intestines, toning, detoxifying and pumping the organs and clearing the lymphatic system. If the person's abdomen is full of knots and tangles, the winds will not be able to circulate and leave the body. Releasing the abdomen may take a few sessions. Once you have released the main blockages, you can then begin with the work on the winds.

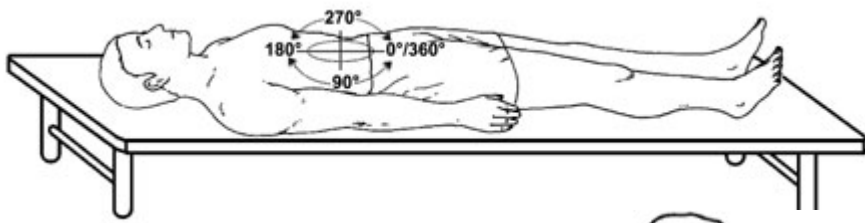
B. Opening the Wind Gates

In this practice we'll make "traps" for the winds. One trap is created by using the "elbow in the navel". A second trap comes from "opening the navel with the thumbs". A third and quite powerful way is "making space in the Pakua". These traps present an open space for the winds to move to and from there they can be easily flushed and vented down the legs and out of the feet.

a. Elbow in the Navel

In this level of Chi Nei Tsang one way of opening the wind gates is through the use of the elbow placed directly on the student's navel. In order to explain this procedure, we will divide the navel area into a 360 degree circle divided into four sections. It is equivalent to a com-

pass lying on the person's belly. When we talk about left or right sides, we refer to the left or right side on your student's body. The top of the navel, is South/180°. The left side is West/270°. Below the navel is North/0°/360°. The right side of the navel is East/90°. Every degree of the navel circle connects to different parts of the body. 180° - 270° describes the upper left quadrant of the abdomen. 270° - 360° describes the lower left quadrant. 0° - 90° describes the lower right quadrant. 90° to 180° describes the upper right quadrant.



Push Down and Toward the Side

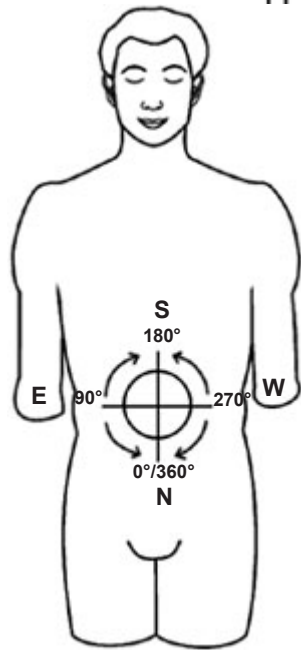
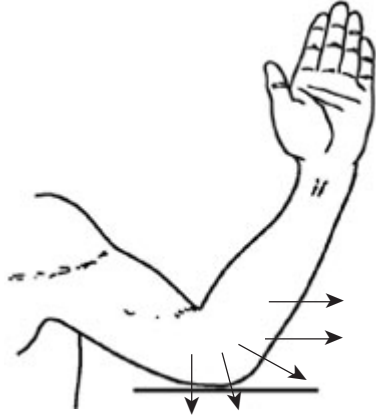


Fig. 1 Opening the Wind Gates with the Elbow.



Fig. 2 Sick winds spiral out of fingers into the earth.

The procedure to open the wind gates with the elbow is the following:

1. Place your elbow on the navel and press down.
2. Holding the pressure, move your elbow out towards the left side of your student's body at 270° toward 180° and from 180° back to 270° . Rest, twist the wrist and fingers and let the sick winds out of your finger tips down into the earth. Release the pressure, go back to the center of the navel and press down and out from the center to 280° , then from the center to 290° and continue until you have worked your way to 360° and from 360° toward 270° . When you are finished with this lower left quadrant, ask your student to breathe deeply into the navel to push your elbow out.
3. Flush the winds down the legs and out through the toes.
4. Repeat this procedure on the lower right quadrant from 90° towards 0° and from 0° toward 90° , and from 90° work toward

180° This will open the whole navel which will create a place for the wind to gather and the tightness of the abdomen will be released. For people who have back pain this work will greatly release the back pain. Flush and vent 15-20 times until you feel the navel is warm.

b. Opening the Navel

Taoists believe that there are trapped winds in the intestines and abdomen and also all the tendons from the body that join around the navel. Release the navel by pressing your thumbs on the ring muscle of the navel and pushing down and in opposite directions, for an approximate count of 15.

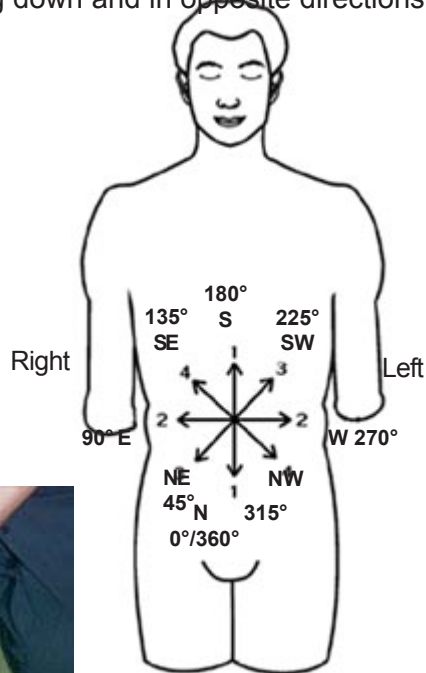
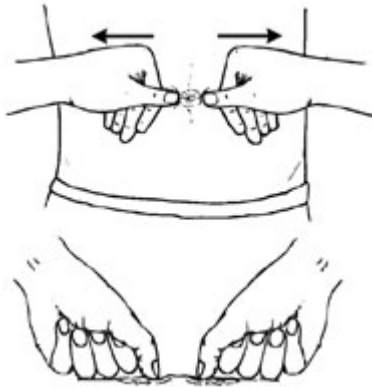


Fig. 3 Push Down and in Opposite Directions.

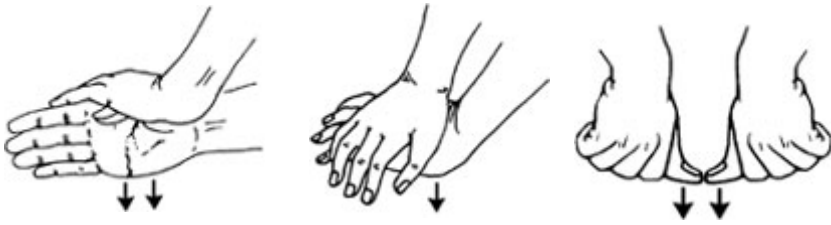
1. 0°-180° / N-S
2. 90°-270° / E-W
3. 45°-225° / SE-NW
4. 135°-315° / SE-NW

Your aim is to stretch the muscle below the skin, so you will need to place your fingers on the sides of the navel and not inside. Be careful not to hurt the skin as you push in opposite directions. Flush and vent 15-20 times.

c. Making Space in the Pakua

Opening the area around the navel following the shape of a Pakua discharges tensions from the body, releases pinched or tight nerves and reestablishes the proper flow in blood vessels and lymph channels. This follows the later heaven Pakua energy flow. To know more about the Pakua see the *Fusion* book. In Fusion I, organs are related to the different "Kuas" (forces). For example, the kidneys are related to Kan (water) in the North and the liver to Chen (thunder and lightning) in the East. In CNT II we relate the organs not to the kuas but to the reflexology points of the organs themselves. For example, the left kidney is at the Western Gate (4) and the right kidney at the Eastern Gate (3).

With the side of your hand, the heel of your palm, or thumbs press into the abdomen with both hands, one pushing on the other. If you feel too much wind when pressing down, stop, flush and vent down and out. This will make a big space and force the winds that are stuck in the organs and body to come and gather in the Pakua area.



Use the side of the hand, bottom of the palm (wrist), or use the thumbs.



Fig. 4 Pressing the Side of the Pakua.

Press the eight sides of the pakua in the following order:

1. The Northern Gate (related to the bladder and the sexual organs, on the bottom of the pakua, at $0^{\circ}/360^{\circ}$),
2. The Southern Gate (related to the heart, on the top of the pakua, at 180°),
3. The Eastern Gate (related to the right kidney, on your student's right side, at 90°),
4. The Western Gate (related to the left kidney, on your student's left side, at 270°),
5. The Southwestern Gate (related to the stomach and spleen, on your student's upper left, at 225°),
6. The Northeastern Gate (related to the intestines, on your student's lower right, at 45°),
7. The Southeastern Gate (related to the liver and gall bladder, on your student's upper right, at 135°).
8. Finally, the Northwestern Gate (related to the intestines, on your student's lower left, at 315°). Flush and vent 15-20 times.

This work includes releasing the navel area and then chasing and flushing out the winds as described in the previous section. The next chapter of this book provides a detailed explanation of the procedure to follow for specific winds and their manifestation. Most of the work is done with the elbow on the student's navel and by working on related points in the back, head and limbs.

Point of Lymphatic Drainage into the Vena

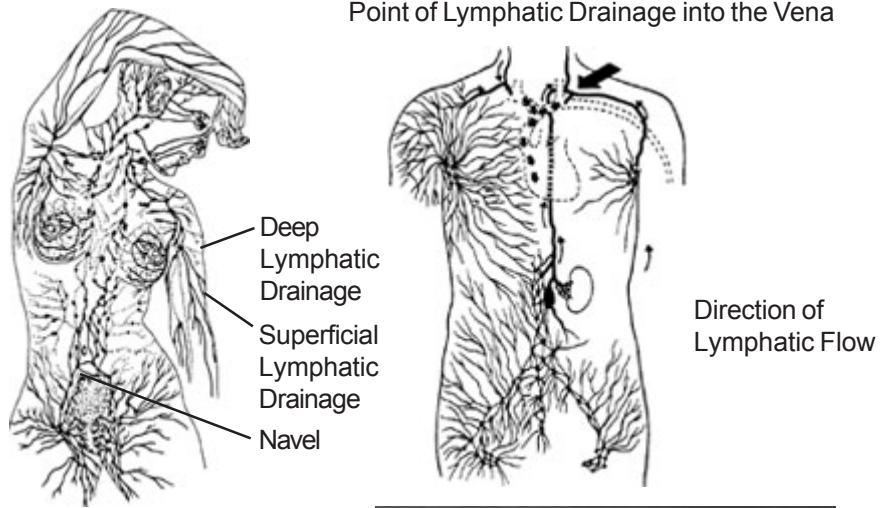


Fig. 5 *Monkey Dancing*

D. Closing the Session

When you perform Chi Nei Tsang, the blood and energy concentrate in the abdomen. Before your student gets up when you have finished the session, guide her to do “monkey dancing”. Ask her to lie on her back and to raise her arms and legs toward the ceiling and to shake them enthusiastically and loosely and to laugh while breathing deeply in the abdomen. This will help activate the lymph and blood circulation. (Fig. 5)

E. Encouraging Students to Work on Themselves

It is important to teach your students to do Chi Nei Tsang II on themselves between sessions. At the end of the session point out to them the areas that were particularly tight or congested; it is important that they continue to work on releasing them at home. Show them how to work on themselves using their fingers with their hands relaxed and elbows extended to their sides. Their shoulders, neck and arms should be relaxed and connected to the spine.

Tell your students that it is important for them to be responsible for their health and take the time to work on themselves. If they are confident of their own abilities to care for themselves they will feel more positive, stronger and free. Refer them to any additional practices that could help them to deal with their situation. In the Taoist way, suggest that they simplify their lives by allowing one unnecessary thing to fall away each day. This will settle their organs and calm their minds.

A daily routine of moderate exercise (for instance walking briskly) activates blood circulation and movement of the lymphatic system and keeps the body in good shape. It is also good for them to massage their belly every day stimulating the four corners of the intestines: the ileocecal valve (in the lower right abdomen approximately at the midpoint between the navel and the right pelvic bone); the hepatic flexure in the right upper abdomen, (under the bottom

right corner of the rib cage and under the liver); the splenic flexure (in the upper left quadrant of the abdomen under the bottom of the left rib cage); and the sigmoid colon (from the lower left corner of the abdomen between the midline of the abdomen and the left pelvic bone). Following a healthy diet is also very important.

In the way of the Tao, each individual in the world is responsible for his own enlightenment and well being. As Universal Tao Chi Nei Tsang practitioners and teachers, we are responsible for encouraging our students to be themselves and grow. As they do their work and feel the results they will want to do more for themselves.

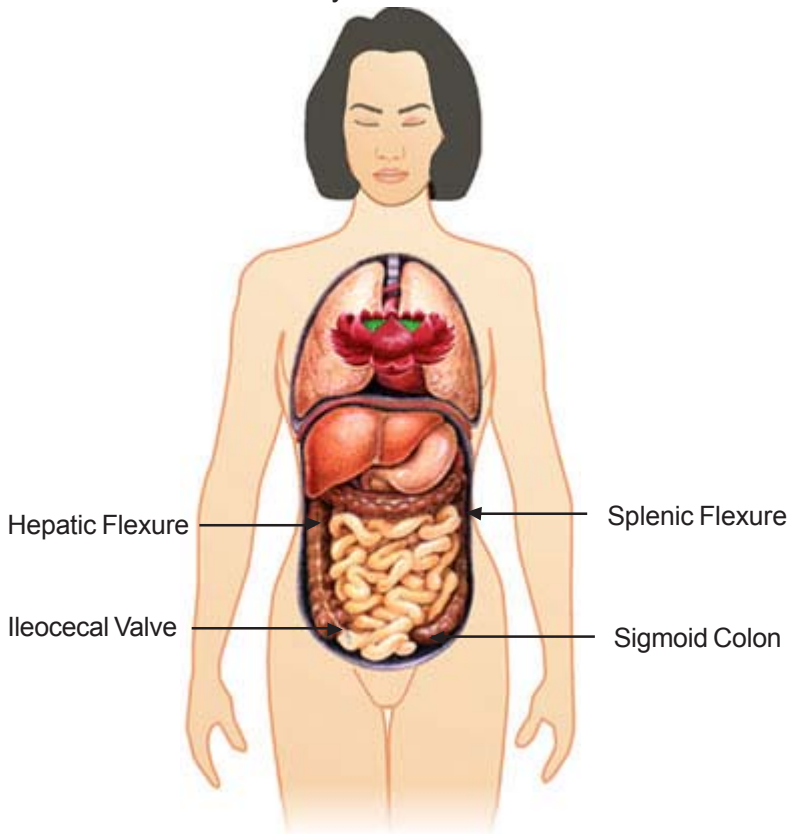


Fig. 6 *Four Corners of the Intestines*

First Wind

Wind that attacks the Liver and the Pericardium and the Heart

This wind rises from the small intestines and spleen and attacks the liver, pericardium and heart making them weak and tired. Symptoms usually manifest as a burning itching feeling and restless sleep, sometimes accompanied by a burning rash. The liver and heart tend to hold the heavy duty emotions of anger, envy, hatred, etc. Working on the First Wind can be a strong emotional release.

A. Navel Points for the First Wind

Use your elbow to press the following points:



Fig. 7 Navel Points for the First Wind

Follow the arrows; this will help spiral all winds out from the organs.

1. Point 35 located just above the navel, on the left side.
2. Point 35 on the right side.
3. Point 32 located below the navel towards the outside of the body, on the left side.
4. Point 32 on the right side.
5. Point 37 located on a line right above the navel, on the right side.
6. Point 37 on the left side.
7. Point 30 located below the lower end of the sternum. Be careful not to press on the tip of the sternum as it is very delicate.

B. Liver

To release the wind from the liver, observe the shape of your student's rib cage. If there is a problem, the ribs may be raised on one side.

1. Loosen the area under the ribs and massage the liver the liver, "Shhhhh", sound.
2. Press your knuckles on and between the rib bones all around the bottom of the ribcage on your student's right side. This might be particularly painful since the emotional energy stuck on the liver tends to rise and get stuck in the rib bones.



Fig. 8 Massage the Liver with Both Thumbs.

C. Heart and Pericardium

The heart is the seat of emotions, and a lot of the blocked emotional energy is stored around that area. Assist your student in learning how to release the energy of emotions trapped in the chest by breathing deeply and smiling into the area. Making the heart sound as he or she exhales can help ease the pain.

1. Begin by pressing your knuckle into points 22 and 23 on the left side. Point 22 is located right above the left nipple. For women you can find the point above the left breast approximately between the 4th and 5th ribs, 1 1/2 to 2" down from the collarbone. Point 23 is about an inch from Point 22 towards the arm. These points are usually very sensitive. Use soft stimulation instead of a heavy pressure. Spiral the knuckle in small area - a depression where the knuckle fits. Spiral counter clockwise to loosen.
2. Flush the wind from the heart area by spiraling your hand above it counterclockwise and then moving your hand above the heart meridian down the left arm. You will normally feel the dense, hot or itchy energy leaving the heart and you should direct it into the ground. The wind will flow out through the fingertips, especially the middle and pinky fingers. Your student can also focus on these fingers, exhaling out any excess heat from the pericardium also directing it towards the earth. The pericardium is like a cooling system for the heart.
3. Check the right side of the chest. Although wind trapped on this side does not affect the heart as much, if you do not release it this wind can later move into the left side. Work on Points 22 and 23 on this side and then flush the wind out through the right hand.
4. With your knuckle, release the area of the sternum, massaging between the ribs and directly on the rib bones, especially on the area around the heart .
For women, work around the breast, moving it to the side to work on the ribs under it. When you work on the sternum be

aware of how soft it is and do not press too hard. Usually, you will find the problem area close to the heart, and you may feel a kind of swelling like the surface of a balloon.

5. Flush the wind down from the left part of the chest through the left arm.

D. Legs

1. To find the related knee Point 53, lay the palm of your hand on the midline above your student's knee. Your extended index finger should just about touch the gap above the kneecap. You will find the point as you extend your thumb to the inside of the leg and grab the inner thigh muscle.
2. Flush the wind down.
3. Repeat on the other leg.



Fig. 9 Point on the Legs

Second Wind

Wind that attacks the Tongue, Jaw, Eyes and Head



Fig. 10 Navel Points for the Second Wind are the same as for the First Wind.

The treatment for this wind is the continuation of the work for the first wind. The wind that attacks the liver and the heart is hot, so it tends to rise to the throat, paralyzing the root of the tongue and then affecting the jaw, the eyes and the head. This wind can also impact the central nervous system. This is what often happens during heart attacks when people cannot speak. This wind often comes up when people are very angry, tense or under a lot of stress. The treatment is also useful when the student is very emotional or has low self-esteem.

A. Chin

1. Release the root of the tongue by massaging the soft area under the chin.
2. Press Point 15 under the chin, and then slowly slide the pads of your thumbs along the jawbone towards the back of the jaw and then to the front again. Dig your thumbs in behind and against the bone. This place can accumulate a lot of emotions and it can be very painful. Repeat this nine to eighteen times. This procedure can release the tongue after a heart attack when there are speech problems.
3. Flush the winds down your student's arms.

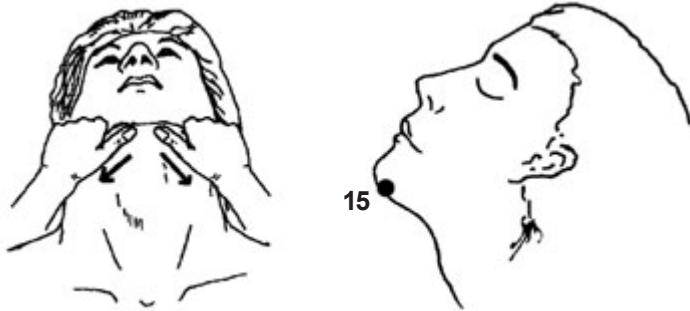


Fig. 11 Releasing the Chin Area.

B. Jaw

When this wind is present, the jaw becomes tense and tight and there is often a history of nightmares. The people affected by it normally clench the jaw or grind the teeth, especially during the night. Over a series of sessions, the jaw can be released and TMJ syndrome (lockjaw) may be relieved.

Liver excess is often the cause of this condition. It is important to release the toxins and wind in the liver as explained for the first wind before working directly on the jaw. Otherwise, the wind will rise from the liver and the problems will manifest once again.

1. Ask your student to gently tighten and loosen the jaw by clenching the teeth. This allows you to find the muscle between the upper and lower jaw.

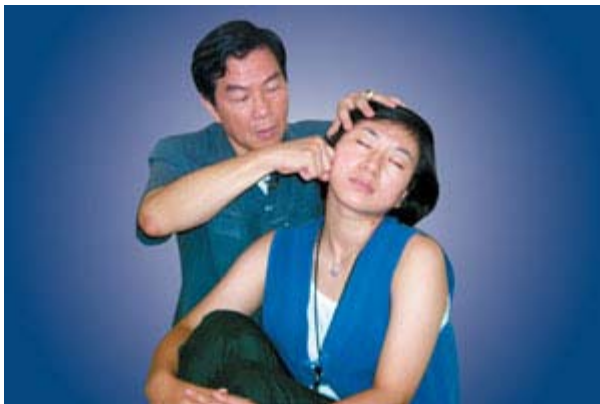


Fig. 12 Massaging the Muscle between the Lower and Upper Jaw.

2. Supporting the face with your other hand, massage the muscle as your student repeatedly opens the jaw. This point can be very painful. Work on both sides of the jaw until you feel the tense muscles easing. You can work on each side separately or on both sides simultaneously.
3. Use your knuckle to press Point 13 located right below the earlobe on the edge of the jaw. Work on both sides.
4. As you work, ask your student to do the Liver Sound subvocally to facilitate the release of the wind.



Fig. 13 Pressing Point 13 with the Finger

C. Head and Eyes

Use your knuckle to massage the following points on the face, spiraling in a tiny circle. These points are particularly powerful antidotes to migraine headaches and sore eyes or eye aches. Use the point of the knuckle at a 90° angle to the face or head.

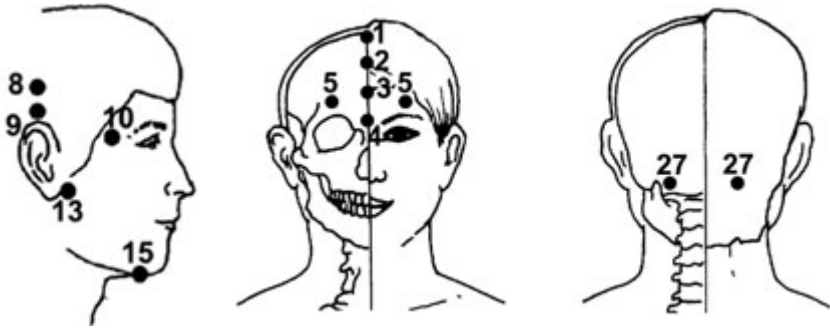


Fig. 14 Massaging Point 3

1. Point 2 in the front of the skull on the center line above the hair-line.
2. Point 3 on the area in the middle of the forehead.
3. Point 4 on the mid brow.
4. Point 5 above the middle of each eyebrow where you find a small notch.
5. With your thumb, release the area all around the upper eye socket following the bone. Work slowly and softly from the inside to the outer edge. This can also relieve the heat, redness, pain and dryness in the eyes caused by liver wind. This massage is very effective with swollen eyes that often come with migraine headaches.
6. Guide the student to turn the head to the opposite side where you will work and support the head with your other hand. Find point 10 on the temple just beyond the orbital bone on the outer edge of the eye. It will feel like a hole, valley or indentation. Begin by releasing it gently with your fingers, and then slowly and carefully insert your knuckle. Spiral following the student's exhalation. Work on the other side and then do both sides simultaneously.



Fig. 15 Massaging the Eye Socket

7. The next Points 8 and 9, are located directly above the apex and on the centerline of each ear. Use your knuckle to massage each point individually and then both sides simultaneously.
8. Flush the wind out through your student's arms.

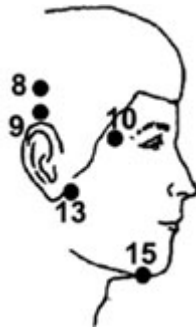


Fig. 16 Points 8, 9, 10, 13 and 15



Fig. 17 Massaging Point 8 above the Ear

D. Back of the Head

1. Massage Point 27 (Wind Pond) with your knuckle. To find it, search for an indentation on the centerline area in the back of the neck above the base of the skull about one inch above the bottom of the hairline. You will know you found the right "valley" spot when you can spiral with your knuckle without sliding or slipping out of the point.
2. Find the curlicue, the spot (or spots if there is more than one) where the hair spirals, and massage it with your knuckle releasing any wind or stagnant chi that is blocked there.
4. Often it is possible to feel the wind exiting the skull at this point. Gather it by swirling your hands above the head and then direct the wind down the arms, out the hands and into the earth.

To assist your student in moving to daily self-care, you can teach the points on the face so that he can work on them daily, particularly when the condition is present.

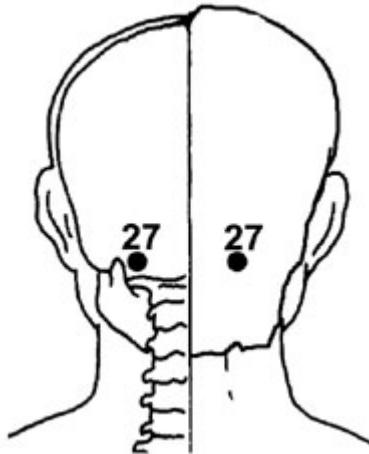


Fig. 18 Point 27

Third Wind

Wind that Attacks the Kidneys

This wind is caused by improper eating habits, such as eating too much cold producing food (i.e. very cold drinks, ice cream, frozen or cold food right out of the refrigerator and unripe fruits) and not chewing properly. It always starts from the small intestines rising to the kidneys, moving up above the ears, and accumulating in the head. When this wind gets stuck in the brain, it can attack the nerves, causing the eyes to shake and making the teeth ache.

The small intestines are located over the kidneys. Excessive cold energy contracts the kidneys and makes the psoas muscle spasm and pull the spine towards the thigh. This stops the flow of energy and causes back pain. Bringing the excess heat from the heart down to the psoas muscles and kidneys relaxes and warms the lower back.

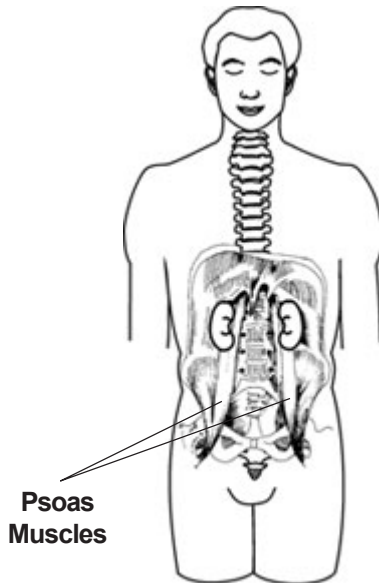


Fig. 5.17 Psoas Muscles

A. Lotus Meditation

Imagine the heart as a red lotus flower and the pericardium (the heat-regulating membrane which encloses the heart) as the lotus pads. Visualize the kidneys as being bulbs similar to the clusters or plexuses where the stems of the pads and the lotus flower join together. In a pond or pool there are usually several lotus plants that join together in a cluster, rooting in the mud. From the kidneys (kidney bulbs/clusters), visualize roots extending down through the legs into the watery mud of the earth basin.

1. Breathing deeply into the lower abdomen, visualize your heart as a red lotus flower, your kidneys as its roots and your spine as the stem that connects them.
2. Feel the roots of the lotus extending into the bed of the pond absorbing the right amount of nutrition from the wet earth. Visualize the flower opening to the sun to receive its (fire) energy. Feel the healthy and supple spine as the stem connecting the two energies. Feel the harmony of fire and water, yang and yin, male and female.
3. Inhale into the heart, drawing the warmth from the sun, feeling it come down through the crown of the head, and blend it with the love, joy and happiness in the heart (red lotus). Draw this loving, hot heart energy back to the point opposite the heart in the center of the spine (the point between the scapulae, between T5 and T6 as you slowly inhale. Then exhale (use the heart sound, "**Hawwww**") the hot energy down the spine (lotus stem) to the cool kidneys, warming them and warming the psoas with the loving heat from the heart.
4. See the kidneys as the nourishing bulbs of the lotus with roots that extend down through the legs to the soles of the feet accessing the soothing blue water energy held by the earth.
5. Inhale into the kidneys, feeling the roots of the lotus extend down through the legs to the soles of the feet. With your inhalation draw the cool, soothing, nourishing blue water energy through the soles of the feet, up through the legs to the kidneys. Feel the gentle, calm, peaceful energy of the kidneys blending with the

cool, soothing blue water energy that has come up through the legs. Exhale out with the kidney sound, "**Choooo**". As you exhale send this energy up through the spine (stem) via the wing point to the heart.

6. Alternate inhaling into the heart and into the kidneys in this way for a few times.
7. Relax, breathe normally and move your mind back and forth between the heart and kidneys along the connecting spinal stem. Smile with gratitude to your kidneys, spine and heart.

B. Navel Points for Working with the Kidney Wind

These are not such exact points. It's where you find tension, a lump, stress; it's more of a general area. Hold the elbow there until the tension loosens. Feel the elbow inside the abdomen and pay attention to the expression on the student's face.

1. Point 35 located just above the navel, on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Point 35 on the right side.
5. Point 38 located to side of your student's navel, on the left side. This point relieves the wind that causes back pain.
6. Point 32 located below the navel towards the outside of the body, on the left side.
7. Point 32 on the right side.
8. Point 38 on the right side.
9. Point 36 located above the navel slightly towards the sides of the body, on the right side.
10. Point 36 on the left side.
11. Flush out through Point 53. Sometimes sick energy gets stuck at Point 53 on the leg, so loosen up this point after working on the navel points.

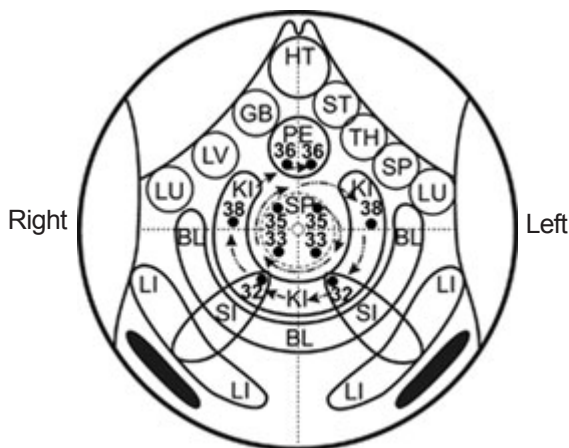


Fig. 19 Navel Points for the Third Wind

C. Head

1. Press Point 8 with your knuckle, supporting the head with your other hand. This point is located in an indentation about one finger's width above the tip of the ear. Work on both sides.
2. Instead of venting excess hot energy out through the arms and fingers, bring the excess heat of the heart down to the kidneys. When we bring excess heat down from the heart, heat from the head goes down also.

D. Legs

1. To find the related knee Point 53, lay the palm of your hand on the midline above your student's knee. Your extended index finger should just about touch the gap above the kneecap. You will find the point as you extend your thumb to the inside of the leg and grab the inner thigh muscle.
2. Flush the wind out.
3. Repeat on the other leg.

Fourth Wind

Wind that causes Aches, Tightness, Tiredness and Uneasiness in all the Body and attacks the Vena Cava, Aorta, and Lumbar Plexus

The fourth wind causes a feeling of fatigue, aching, tightness and uneasiness all over the body. This wind arises from too much acidity in the body. Excess acidity in the body will cause an exacerbated mucus production that can host excessive bacteria and viruses and will congest the organs. Acidity will also affect the connective tissues, cartilage and tendons and it makes the bile duct constrict. Excess alkalinity (too many sweets, sweet fruit or vegetables) over-stresses the pancreas, so it is important to keep a balance in the body's pH by eating properly. One must change the eating habits and the emotional habits. Mental stress and emotional distress are a main cause of an acidic metabolism because of the overproduction of stress hormones such as adrenaline and insulin which are acidic and flood the entire system.

This wind also attacks the heart, causing pain and heartburn. When this wind activates, it reaches the heart area and comes up to the left shoulder and down the arm along the pericardium meridian. When this wind attacks the lumbar plexus it spreads throughout the whole nervous system. Abdominal breathing and belching to loosen up stuck Chi greatly helps to relieve this wind.

A. Navel Points for the Fourth Wind

Use your elbow to press the following points. Find the tension, hold that point with the elbow until the tension is released and the winds go out. Talk to the winds and send them out to a better home, the earth!



Fig. 21 Navel Points for the Fourth Wind

1. First for point 32 located just below the navel, on the left side.
2. Follow with point 32 on the right side.
3. Point 41 on the right side.
4. Point 40 on the right side.
5. Follow with point 40 located right above the hipbone, on the left side.
6. Point 41 located on the lower tip of the hipbone, on the left side.
7. Point 48 located on the front of the leg at the level of the sexual organs towards the inner thigh, on the left side. Use the tip of your fingers for this point.
8. Point 48 on the right side.

B. Chest and Shoulders

Working on the chest and shoulders we find many nerves. "Respect the nerves" by holding still - not "monkeying" around with the nerves.

This wind most often affects the left side only; all of the points described next refer to the left and right sides of the body. If the wind goes to the right side you must also work on the same points on the right side of the body. Usually you have to work on both sides.

1. With the student laying on his back, use your fingers to massage Point 21 located below the collarbone and the area above the left breast . The heart and pericardium meridians both leave the heart and traverse the upper chest going up to the shoulder and down the left arm.
2. Have your student sit up or turn on his side. With your elbow, press Point 20 located above the clavicle, close to the neck.
3. Pinch the trapezium muscle on the area where the neck meets the shoulder. Pull it up and shake it, massaging the muscle and the nerves underneath to release the area.
4. Massage Point 75 located on the outer edge of the shoulder in the depression in the middle of the deltoid muscle. Raise the arm slowly so that the arm is horizontal.
5. Massage Point 25 in the student's left armpit. Have the student raise the arm slowly straight up as you press and find the point. The student leans into your thumbs.
6. Use your fingers to massage the heart meridian all the way down the inside of your student's arm, pressing Point 77 on the inner elbow as you go down.
7. Continue massaging the arm down to the tip of the little finger. Pinch the end corners of the fingernail.
8. Flush the winds down the left arm.



Fig. 22 Massaging Point 75

C. Legs

1. Press Point 69 or 54 located behind the kneecap.
2. Work on Point 55 located on the inner part of the leg below the knee joint.
3. Work on Point 66 directly below the anklebone on the inside of the foot. Press down with both thumbs.
4. Flush the wind down the legs.



Fig. 23 Press down on Point 66 and 56 with both thumbs.

D. Back

1. Ask your student to turn so you can work on his back. Press your elbow on Point 45, in the space between the sacrum and the hip bone. Shake your arm and slightly push the hip bone down towards the buttocks to release the tension in that area.
2. Flush the wind down the legs.
3. Remember to flush out the wind after pressing each Point 69 behind the knees.

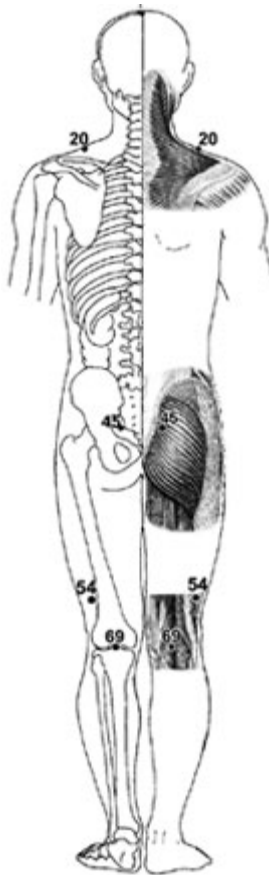


Fig. 24 Points 45 and 69

Fifth Wind

The Wind that makes the Abdomen Stiff, Hard, Tight and Tender

This wind is created in the small intestine and causes shooting pains as it travels along the liver meridian. The upper right side of the abdomen will probably be bloated. This wind is caused by food and emotions and it always starts in the intestines. It must first be removed from the small intestine and then from the liver.

When the intestines are bloated with wind, you must first work to clear the large intestines, then small intestines, the liver and the gall bladder with the techniques presented in the first CNT book. When you sense the knots and tangles releasing, then use the elbows.

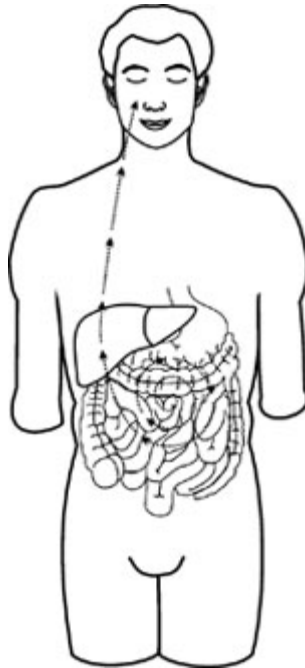


Fig. 25 Path of the Fifth Wind

A. Navel Points for the Fifth Wind

Use your elbow to press the following points:

1. Point 35 on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Work on point 35 located just above the navel, on the right side.
5. Point 36 located above the navel slightly towards the sides of the body, on the right side.
6. Point 36 on the left side.
7. Point 41 located on the lower tip of the hipbone, on the left side.
8. Point 41 on the right side.



Fig. 26 Navel Points for the Fifth Wind

B. Crown and Perineum

1. With your knuckle press on the Crown Point 1 on the intersection of the line drawn between the highest point of the ear and the midline of the nose. As you press this point, guide your student to connect with and lightly contract the perineum. Or put the knuckle in Point 1 and spiral and hold, spiral and hold while the student holds and presses Point 43 with the middle fingers.
2. Press CNT Point 43, (Hui Yin) or have your student press it himself. It is a good idea to cover the student with a sheet or a towel across the genitals so they have a sense of privacy when working on this delicate point. Coach your student to contract his mouth and suck the lips until they are tightly pursed and contract the anus by sensing and pulling up on the front, back, middle, left and right parts of the anus. Hui Yin is where all yin and sick energy gathers.
3. Flush and vent from the head down the arms and out; flush and vent from point 43 down and out the legs.
4. Encourage your student to massage the perineum at home daily while practicing the anus contraction exercises and touching the crown of the head for as long as the symptoms of tightness in the abdomen persist.

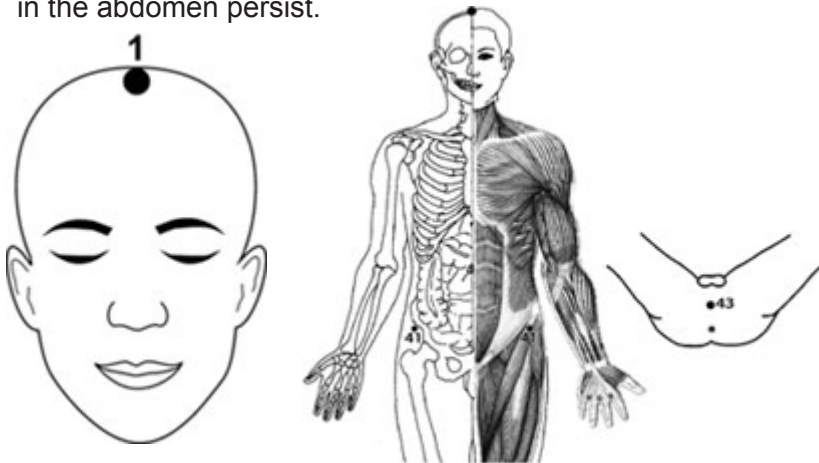


Fig. 27 Points on the Inguinal Area Crown and Perineum

C. Legs

1. Press point 57 located on the inner part of the leg below the knee joint with the elbow or thumbs. You can use a little oil here.
2. Work on point 66 directly below the anklebone on the inside of the foot. Use the thumbs to push down and out.
3. Flush the wind down the legs.

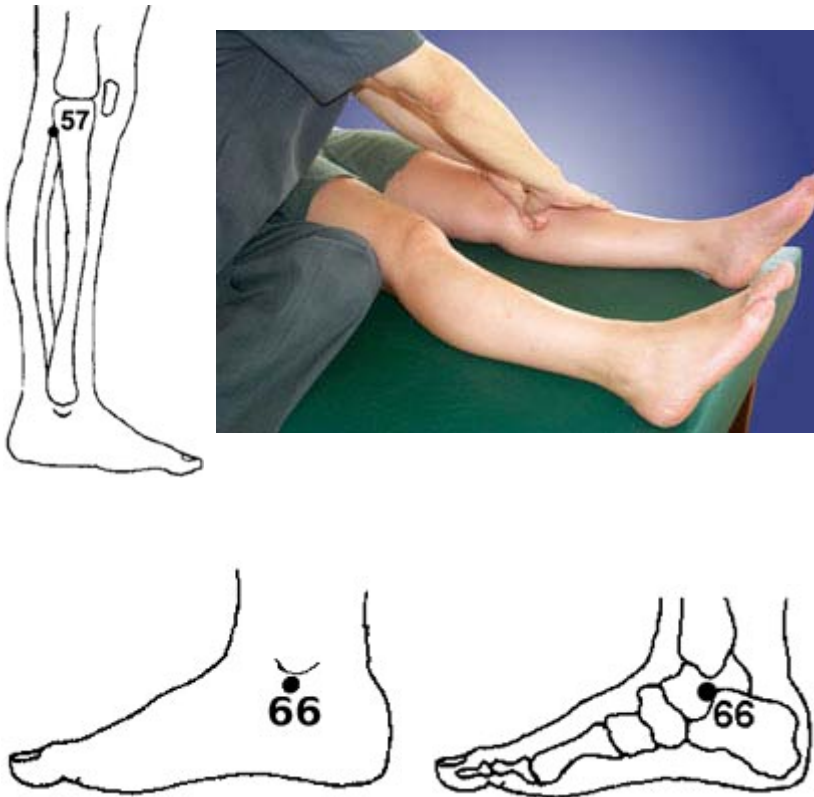


Fig. 28 Points on the Legs and Feet

Sixth Wind

Wind that Causes Cramps

This wind causes cramps and tightness in the legs, the back and the neck. The cramps usually start in the abdomen but they attack the nervous system and the muscles. When this wind is present, there is a lot of stiffness and pain.

The cramps created by this wind result from problems with the flow of blood that returns to the heart when the veins, especially the vena cava, are congested. For instance, if the legs get too cold, the muscles contract obstructing the flow of blood and causing cramps. By releasing the wind, the swelling is relieved and the proper flow of blood is restored.

A. Navel Points for the Sixth Wind

Use your elbow to press the following points:

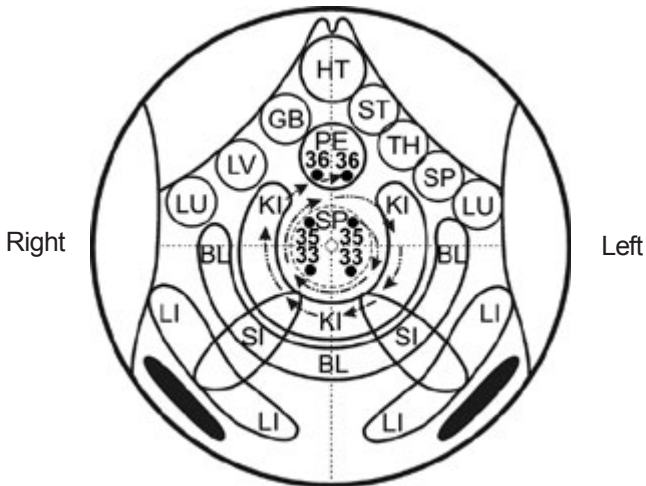


Fig. 29 Navel Points for the Sixth Wind

1. Point 35 on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Point 35 located just above the navel, on the right side.
5. Point 36 located above the navel slightly towards the sides of the body, on the right side.
6. Point 36 on the left side.

B. Face

1. Press point 15 in the depression under the chin behind the lower jaw with your thumb. Press up towards the tongue.
2. Press your knuckle into Point 13, located right below the earlobe on the edge of the jaw. You may work on each side separately or on both sides simultaneously.
3. Flush the sick energy out through the arms.

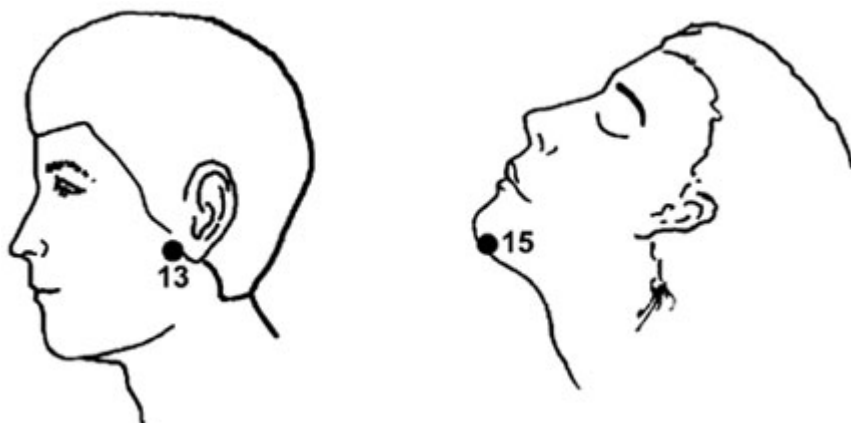


Fig. 30 Points on the Face

C. Legs

1. Stretch you student's calves and Achilles' tendons by pushing his feet towards the navel and moving the feet circularly, maintaining tension on the calf muscles.
2. Flush the wind down.
3. Ask your student to turn over. With your elbow, work on Point 69 on the back of the knees in the split of the muscle below the knee.
4. Flush the wind down the legs.
5. Your student should continue the work at home by pulling her toes back toward the navel, and extending the heels until the legs are tight, then releasing and exhaling. Standing on the toes and then rocking back to the heels, lifting the toes can help relieve congestion by encouraging the flow of blood into the calf muscles.

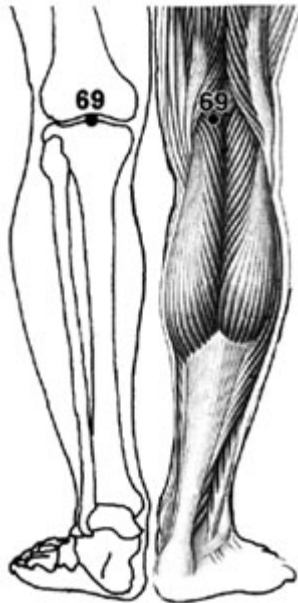


Fig. 31 Points on the Legs

D. Slapping Technique

This technique relieves the stagnation behind the knees, elbows and other joints, such as the inside of the ankles and the wrists.

1. Support the extended leg, arm, wrist, or ankle with just a bit of slack in the joint. With the open palm, strike the back of the joint quickly. It may cause a sharp, stinging sensation and even cause a bit of welting and redness which will dissipate as the stagnant blood is reabsorbed into the body. This technique can be painful but it is very effective to stimulate and restore the free flow of clean healthy oxygenated blood into the joints. **Be careful not to work on varicose veins.** Tell the student to not take a shower or wet the area for 12 hours. Afterwards, the slapped area should not be touched.
2. Flush the wind down.
3. After the treatment, your student should do monkey dancing. Lying on his or her back, she should raise arms and legs towards the ceiling and shake them while breathing deeply into the abdomen. This helps blood circulation and lymph flow. This is a daily practice to get stagnant blood moving.
4. Deep belly laughing, known as “beating the inner drum”, will also help your student as it pumps the abdomen, activating the flow of blood, lymph and Chi and massaging all the internal organs.



Fig. 32 Slapping Technique

Seventh Wind

Wind that attacks the Heart causing Shaking

This wind starts in the intestines and it attacks the heart as it rises. When the heart overheats, the jaws tighten, the whole body may shake, and in extreme cases, the body is paralyzed. This is sometimes misdiagnosed as Parkinson's disease. The intestines cover a broad area; when this wind is high and centered in the intestines the heart is attacked directly. Working on this wind also helps to relieve back pain.

The right amount and flow of water and fire energy in the body is very important. In Nature, too much cold makes it impossible for anything to live and too much heat burns everything up. Balance creates a sense of well being.

A. Navel Points for the Seventh Wind

Use your elbow to press the following points:

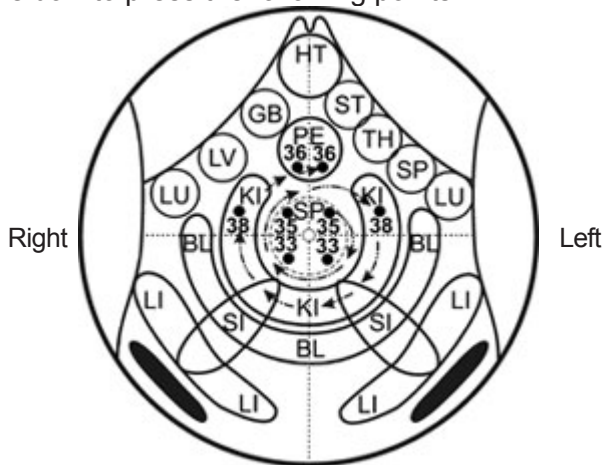


Fig. 33 Navel Points for the Seventh Wind

1. Point 35 located just above the navel, on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Point 35 on the right side.
5. Point 38 located to the side of the navel, on the left side.
6. Point 38 on the right side.
7. Point 36 located above the navel slightly towards the sides of the body, on the right side.
8. Point 36 on the left side.

B. Face

1. With the knuckle press Point 13 below the ear towards the end of the jawbone while supporting the face with the other hand.
2. Flush the energy out through the arms.



Fig. 34 Point 13 on the Face

C. Feet

1. Press Point 74 (Bubbling Spring) located on the soles of the feet at 1/3 of the distance from the base of the 2nd toe to the heel. As you stimulate the point, guide your student to pull the tips of the toes towards the navel as she inhales bringing the cold refreshing energy of the kidneys from this point at the beginning of the kidney meridian. Ask her to feel the energy going up through the insides of the legs, then through the back of the perineum, up into the lower abdomen wrapping the kidneys and the adrenal glands, and rising all the way up to the heart area just under the collarbones.
2. As you flush the wind out through the feet, ask your student to exhale (with the heart sound) any excess heat from the heart down to the kidneys, then through the back and legs and out through the toes into the earth. Shaking should start reducing immediately. The Lotus Meditation presented in the Third Wind is also very helpful in this case as it uses the cold water energy of the kidneys to reduce excess heat in the heart.
3. Encourage swallowing saliva and frequent belching. This cools the heart down and moisturizes the overheated organs.

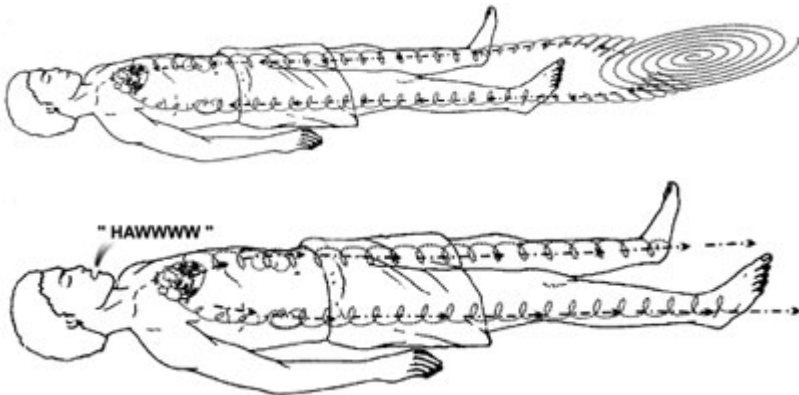


Fig. 35 Exhale out Excess the Heat with the Heart Sound.

Eighth Wind

Wind that causes Chest Pain

This wind causes pain in the chest and back as well as allergic rashes. It rises as a result of excess mucus sticking to the veins and arteries, and the lower abdomen often feels like jelly inside. An excessive amount of mucus is created when the body is too acidic, so it is important for the student to eat a greater amount of alkaline foods. Chewing food well and mixing it with saliva promotes good digestion and avoids the problems created by this wind. One should chew so much so that one may “drink one’s food”. Try counting how many times you normally chew a mouthful; then, chew many more times until the solid food becomes liquid. The student should also avoid eating foods to which she is allergic and, if possible, avoid areas where the air pollution is too strong or where there are high concentrations of pollen if this affects her system. Adjusting the acidity and alkalinity of the diet and cleaning out the colon will render deep results. One should also learn to drink one’s own fresh urine to rid the body of excess mucus.

A. Navel Points for the Eighth Wind

Use your elbow to press the following points:

1. Point 35 located just above the navel, on the left side.
2. Point 33 located just below the navel, on the left side. This point (together with Point 38) is good for relieving back pain.
3. Point 33 on the right side.
4. Point 35 on the right side.
5. Point 38 located to side of your student’s navel, on the left side.
6. Point 32 located below the navel towards the outside of the body, on the left side.
7. Point 32 on the right side.
8. Point 38 on the right side.
9. Point 37 located on a line right above the navel, on the right side.

10. Point 37 on the left side.
11. Point 30 located below the lower end of the sternum. Be careful not to press on the tip of the sternum as it is very delicate.

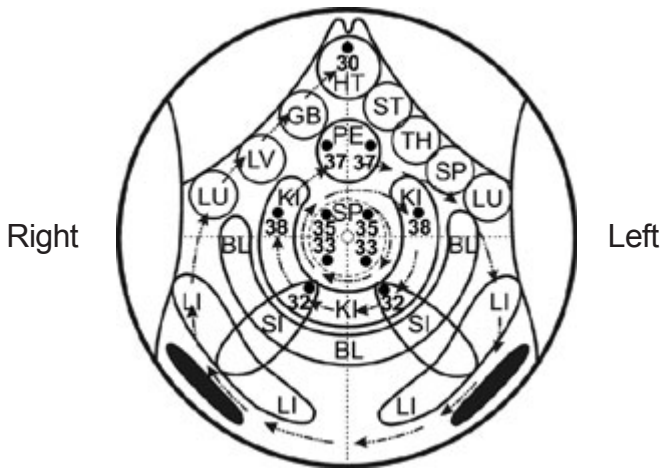


Fig. 36 Navel Points for the Eighth Wind

B. Chest

1. Massage the whole chest area. Use the heel of the palm to loosen the entire rib cage. Keep the palm in one place and vigorously spiral and shake. Now work your knuckle between the ribs and right on the rib bones using one hand to hold the rib cage. For women work around the breast, moving it to the side to work on the ribs under it. The chest area may be very painful due to the great number of emotions (i.e. anger, sadness, jealousy, depression, etc.) stored there. Tell your student to keep breathing into the area so that the pain and the emotions can be released.
2. Work on the sternum with your knuckle. Be aware of the tip of the sternum, how soft it is, and do not press too hard.
3. Flush the wind down through the arms.

Ninth Wind

Wind that makes the Legs and Feet Tired

This wind causes a lot of pain and fatigue in the legs and feet. When the legs are tired, winds often accumulate in the chest and abdomen straining the organs and the psoas muscle. When the psoas muscle is tight, it pulls the lower back and the pelvis into painful misalignment. Over time, the muscles are unable to move back into a natural position.

A. Navel Points for the Ninth Wind

Use your elbow to press the following points:

1. Point 35 located just above the navel, on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Point 35 on the right side.



Fig. 37 Navel Points for the Ninth Wind

5. Point 36 located above the navel slightly towards the sides of the body, on the right side.
6. Point 36 on the left side.

B. Chest

1. Press your knuckle into Point 22 located right above the nipples. For women you can find the point above the breasts approximately between the 4th and 5th ribs, 1 1/2 to 2 inches down from the collarbone.
2. Do Point 22 on the other side.
3. Flush the wind down the arms.

C. Inguinal Area

There are many blood vessels crossing this area. Working on these points helps restore proper blood circulation and release the nerves. This area is very sensitive, so you should work gently with your elbow. Many people, especially women, have a lot of emotions and guilt stuck in the area under the navel and particularly in the groin. When the psoas muscles are in good shape, this region is not painful at all.

1. Press Point 40 on the left side located right above the hipbone.
2. Press Point 41 on the left side located on the lower tip of the hipbone.
3. Press Point 49 located just inside the lower part of the pelvic bone, on the left side. Ask permission to work on this point and work very respectfully since the area is very close to the pubic bone and thus close to the sexual organs. If your student becomes aroused, help him guide the energy up through the microcosmic orbit.
4. Press Point 49 on the right side.
5. Press Point 41 on the right side.
6. Press Point 40 on the right side.
7. Flush the winds down through the legs.

D. Legs

The following points should be pressed with the tips of the fingers.

1. Work on Point 63 located right above the anklebone on the inner side of the leg.
2. Work on Point 66 located directly below the anklebone on the inside of the foot.
3. Work on Point 55 located in the front of the leg under the knee between the two bones.
4. Work on the other leg.
5. Flush the wind down the legs.

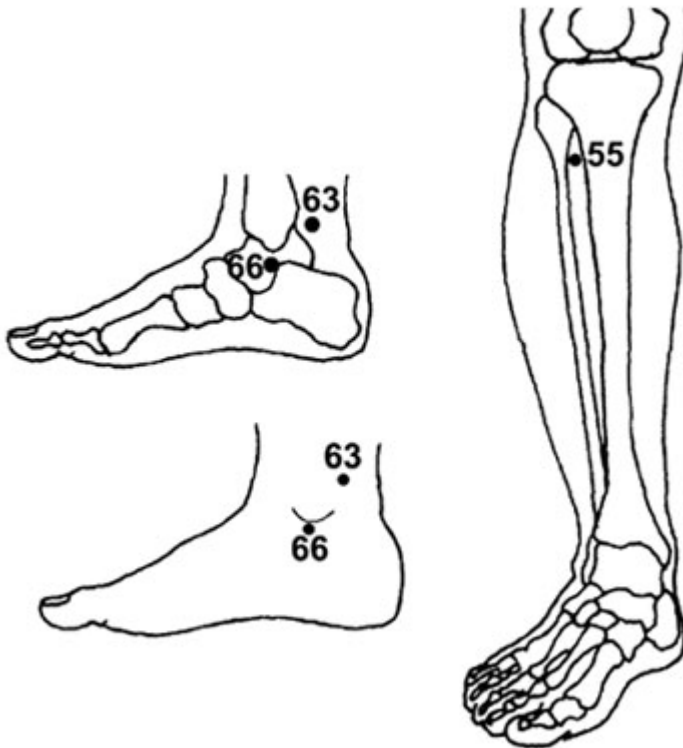


Fig. 38 Points on the Legs and Feet

Tenth Wind

Wind that causes Pain, Numbness and Heat

This wind causes pain, numbness and heat that extends from the legs up to the armpits and hands. The heat is felt rising upwards, making it difficult to walk. Working on the center of the navel and the midline up to the sternum works for people with back pain. After 15-20 minutes, it is possible to create a release and restore the ability to walk. This wind also attacks the heart, so you will also need to work on the upper chest.

A. Navel Points for the Tenth Wind

Use your elbow to press the following points:



Fig. 39 Navel Points for the Tenth Wind

While working with these navel points rest a finger on point 19.

1. Point 35 located just above the navel, on the left side.
2. Point 35 on the right side.
3. Point 36 located above the navel slightly towards the sides of the body, on the right side.
4. Point 36 on the left side.

B. Chest and Throat:

Releasing these points allows courage to grow

1. Press your knuckle, or thumb, or finger on Point 19, located between the collarbones where they join the sternum.
2. Work on Points 18 located slightly above either side of Point 19, right above the clavicles. There may be pain all over in this area. Work to release the tightness with your thumb and index finger. Massage the entire area and directly over the clavicles as well.
3. Massage and open Point 17 located on the throat on the sides of the depression of the pharyngeal prominence, under the notch on both sides of the voice box.
4. Flush the wind down through the arms.

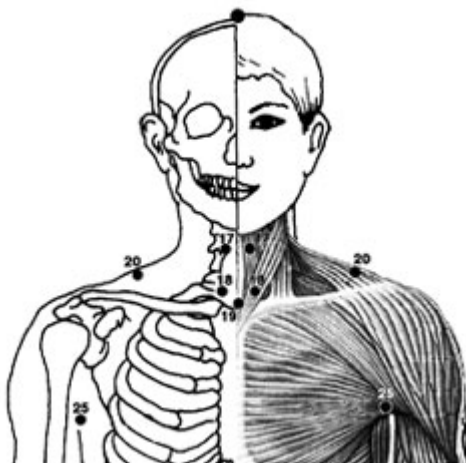


Fig. 40 Points on the Chest and Throat

C. Shoulders and Back

This is good for a stiff neck.

1. Press Point 20 with your elbow massaging the whole brachial plexus. Tell your student to slowly turn his head away from the side you are working on as you press down. Try a few drops of oil with this move.
2. With your thumb, press Point 25 on the armpit.
3. Flush the wind out the arms.



Fig. 41 Point 20 – the Shoulder Well

D. Feet

First use the two thumbs on Points 66 and 67. Then connect the navel with Points 66 and 67 with the fingers of one hand on the navel while using the thumb to massage down from Points 66 and 67.

1. Work on Point 67 located on the inside of the foot below the anklebone towards the front.
2. Work on Point 66 directly below the anklebone on the inside of the foot.
3. Work on Point 74 on the soles of the feet at 1/3 of the distance from the base of the second toe to the heel.
4. Do the other foot.
5. Flush the wind out.

Eleventh Wind

Wind that affects the Nerves and makes a Stiff Back

This wind affects nearly everyone at one time or another. It collects directly below the navel and it can cause a stiff back and affect the nerves and the lumbar plexus. Before you work on this wind, it is necessary to release the navel area and the psoas muscle with basic Chi Nei Tsang I procedure.

A. Navel Points for the Eleventh Wind

Use your elbow to press the following points:

1. Point 35 located just above the navel, on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Point 35 on the right side.
5. Point 38 located to side of your student's navel, on the left side.
This point relieves the wind that causes back pain.
6. Point 32 located below the navel towards the outside of the body, on the left side.
7. Point 32 on the right side.
8. Point 38 on the right side.
9. Point 37 located on a line right above the navel, on the right side.
10. Point 37 on the left side.
11. Point 30 located below the lower end of the sternum. Be careful not to press on the tip of the sternum as it is very delicate.
12. Conclude the massage work by gently using your fingers to massage the area just below the navel.
13. Finally, the student should place her palms over her lower abdomen and warm the area by imagining a fire or the sun burning in her abdomen. You may also directly introduce warming energy into this area with your intention and by sending wind burning energy from your fingertips.



Fig. 42 Navel Points for the Eleventh Wind

B. Shoulders

Sometimes before this wind exits the body it moves into areas of the student's body where he is used to storing pain such as the back, hips or shoulders. This is a good sign; it means the winds are moving. Help the student visualize the wind moving out through the legs and toes or through the arms and fingers.

1. Massage Point 75 located on the outer edge of the shoulders in the depression in the middle of the deltoid muscle.
2. With your elbow, press Point 20 on the shoulders at the base of the neck.
3. Flush the winds out through the arms.

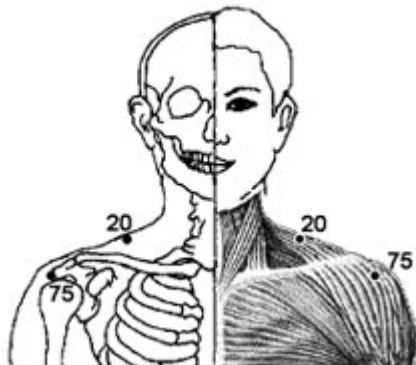


Fig. 43 Points on the Shoulders

C. Back

1. Press your elbow on Point 45 located in the space between the sacrum and the hip bone. Shake your arm and slightly push the hip bone down towards the buttocks to release the tension in that area.
2. Flush the wind down through the legs and feet.



Fig. 44 Massaging Point 45

Twelfth Wind

Wind that causes Excess Heat and Cold

Your student may complain of excess heat or cold or a rapid alternation of both hot and cold wind. Releasing excess cold and or heat entails gathering the imbalanced wind and sweeping it out. The right temperature in the body provides a sense of well being.

Excessive cold in the kidneys can be a cause of impotence. Erection of the penis is dependent on healthy Chi flow. Venting excess heat from the heart helps to warm the kidneys, which must maintain a measure of internal heat to balance their innate coolness and function properly. This promotes the “Yang within the Yin” and an appropriate flow of Chi. The Lotus Meditation described in the Third Wind is very helpful to balance the cold and hot energies in the body.

A. Navel Points for the Twelfth Wind

Use your elbow to press the following points:

1. Point 35 located just above the navel, on the left side.
2. Point 33 located just below the navel, on the left side.
3. Point 33 on the right side.
4. Point 35 on the right side.
5. Point 38 on the left side.
6. Point 32 on the left side.
7. Point 32 on the right side.
8. Point 38 on the right side.
9. Point 37 located on a line right above the navel, on the right side.
10. Point 37 on the left side.
11. Point 30 located below the lower end of the sternum. Be careful not to press on the tip of the sternum as it is very delicate.
12. Point 41 located on the lower tip of the hipbone, on the left side
13. Point 41 on the right side.



Fig. 45 Navel Points for the Twelfth Wind

B. Chest

1. Check the upper part of the rib cage. Release the area on the sternum, between the ribs and directly on the rib bones. For women work around the breast, moving it to the side to work on the ribs under it. When you work on the sternum, be aware of how soft it is and do not press too hard.



Fig. 46 Massaging the Sternum

2. As you work, coach your student to make the heart sound and release any excess heat or cold through the feet.
3. Flush the wind down from the left part of the chest through the left arm, and from the right part of the chest through the right arm.

C. Feet: “Dig the soles of the feet and you’ll discover gold!” And it feels good!

1. Supporting your student’s foot with one hand, press your other elbow on Point 74 on the sole of the foot. This point is like a well, and when sick energy accumulates there, it can remain stagnant for a very long time.
2. Flush down the wind.



Fig. 47 Digging for Gold

Applying CNT II to Specific Ailments

A. Heart Attacks and the Life and Death Point

When a person is close to death, the heart begins to struggle. It balloons and expands until it collapses and eventually the heart dies. If you find yourself in a situation where someone is having a heart attack, first, call for an ambulance and then you can work on the person while you wait. You can help the person using wind removal techniques and also working on the “Life and Death Point”.

This point is located on the back between the scapula and the spine between Thoracic 4-5 on the left side. When the person is having a heart attack, this point is very clear as it pulses and pops out. It can be the size of a ping-pong ball. This point can also be used preventively. My master taught me this point when he was close to death, and by working on it, I was able to extend his life.

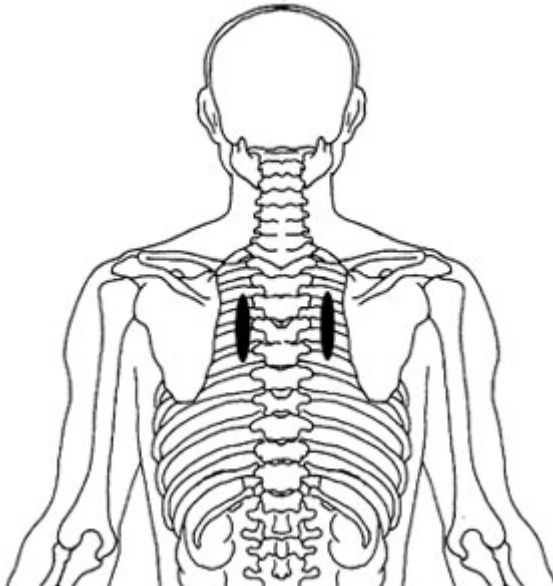


Fig. 48 Life and Death Point

B. Arthritis

Arthritis is caused by the wind produced by stagnant and blocked blood. The blood runs up the veins in the legs and arms collecting waste material and toxins on its way back to the heart. Sometimes, this toxic blood and wind collects in the back of the knees or in the bend of the arm, lumbar area of the back especially when people are too emotional, do not exercise enough or eat heavy foods.

Procedure for removing wind from the back of the knees:

1. The student should stand with the back of the knees bare.
2. Support the knee by holding it in the front with one hand. With the palm of the other hand, swiftly slap the back of the each knee about 9, 18 or 36 times, mobilizing your energy from your center. The hand action should be forceful, but not too hard. The skin on the back of the knees will become quite flushed and the wind will reveal itself in ugly patches that will quickly turn a dark reddish blue and the area will be bruised for a few days. This is a good sign that the wind has been stirred and activated, and they will now exit the body. If there is no wind trapped in this area, this reaction will not occur and the skin will just turn red temporarily.
3. Work on the other knee.
4. The student should not shower immediately after the treatment.

Procedure for removing the wind from the middle bend of the arm:

1. Both you and the student stand facing each other an arm's length apart.
2. Take the elbow of the student and grip it. Slap the inside of the arm in the region of the crease in the elbow 18 times. The skin may become red and blotchy. You have stirred the winds and they will begin to leave the body allowing better circulation in the area just treated.
3. Work on the other arm.



Fig. 50 Slap the inside of the arm.

C. Hiatal Hernia

Hiatal hernias are caused by the same wind that attacks the heart. This problem results from problems in the digestive system, compounded by excess weight and progressive weakening of the tissues in the abdomen.

When food is not digested properly, it ferments inside the stomach creating wind. The bloated stomach pushes against the diaphragm, and sometimes a part of the stomach may go through the hiatus, the opening in the diaphragm through which the esophagus and the two vagus nerves pass, enlarging and becoming a hernia. Discomfort comes from the constant pressure of tissue pushing its way through the weakened hiatal opening. As more tissue pushes through the weakened area, the feeling of pressure increases. In addition, gastric acid is not contained in the stomach, and as it flows back into the esophagus, the person experiences a burning sensation and pain that extends all the way to the upper part of the chest. The congestion in the digestive tract also affects the heart, the liver, the spleen and the lungs.

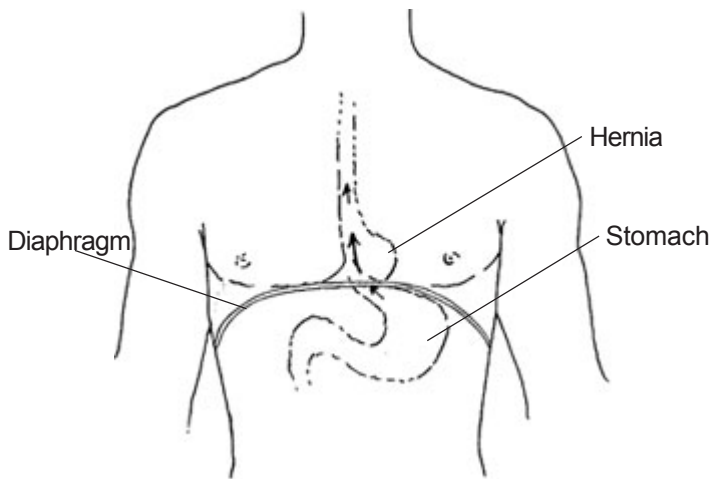


Fig. 51 *Hiatal Hernia*

Another factor that promotes the development of a hiatal hernia is breathing only into the chest. When the main effort is not done by the diaphragm but by the intercostal muscles, the chest goes up and the sides come in creating a vacuum effect that sucks the stomach in towards the chest. Teaching your student to breathe properly is very helpful. Ask him to lower the shoulders and breathe into the bowl of the belly, allowing the breath to expand the ribs in all directions, like an umbrella.

Procedure:

1. Open the wind gates, the navel and the pakua as explained in Chapter Four, Opening the Wind Gates.
2. Massage the abdomen releasing the knots and tangles in the stomach and intestines. Emphasize the work on the left corner of the transverse and descending colon, which is located right below the stomach.
3. Spiral and release the wind through the legs and through the arms.

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Chi Nei Tsang II

Internal Organs Chi Massage

Mantak Chia

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Chi Nei Tsang II

In this booklet Chi Nei Tsang II builds on the procedures taught in Basic Chi Nei Tsang — sensing and touching the abdomen, then clearing and detoxifying the organs and lymphatic system.

Once the basic procedures have been mastered, the student can use this booklet to work with the Winds in the body which can cause illness and diseases. You will learn how to open the Wind Gates by making "traps" for the winds, using your elbow, fingers and thumbs. Then you can flush the winds out of the body. The effects and locations of the twelve winds are discussed in detail. Diagrams and step by step instructions for flushing out the winds make it easy for both the practitioner and the student him/herself to follow the procedures.

The booklet ends with a discussion of the applications of these techniques to a number of specific health problems like heart attacks, arthritis and hiatal hernias.



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